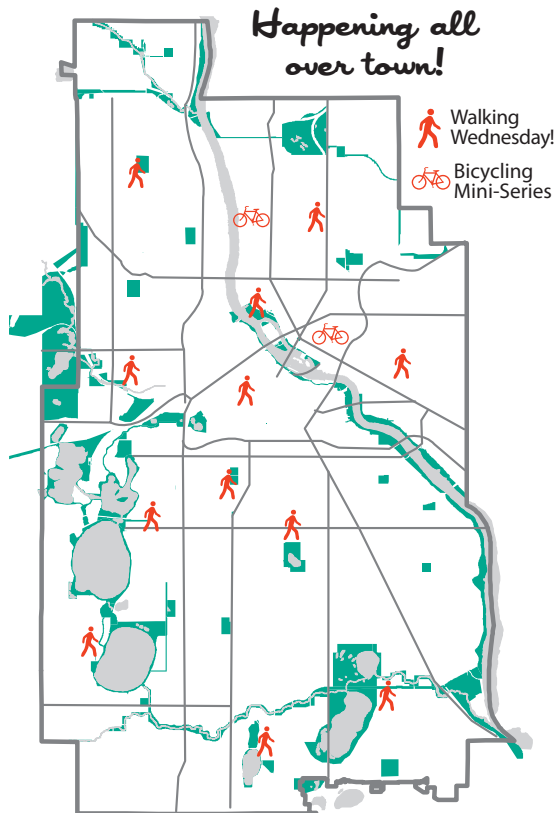


Stroll Minneapolis

March - August 2012

55+
Bicycling
Mini-Series
Inside!

55+ Walking Series



U.S. Department of Transportation
Federal Highway Administration



612-333-3410
bikewalk@minneapolismn.gov
www.minneapolismn.gov/bicycles/events

Get around at your own pace!

Leisurely strolls to inspire independence and good health.



Healthy. Fun. Smart.

Fresh Air. Friends.

Convenient. Free!

Welcome to Stroll Minneapolis, 55+

These strolls are designed to offer an easy, pleasant social walking experience and to give you the confidence to consider walking as a transportation option.

The health benefits of walking are numerous including reduced risk of heart disease, stroke, diabetes, and obesity. Take a comfortable and gradual approach. Walking with other 55+ strollers provides the added benefits of a valuable support network and new friendships!



Walking Wednesdays

Join us to explore Minneapolis! The strolls will take place at 10am on the 1st and 3rd Wednesday, March to August. Stroll distances are 1½ to 2 miles.

March 7 • Downtown

Meet at UCare Skyway Senior Center,
950 Nicollet Mall Suite 250

March 21 • Folwell Park

Meet at Fremont Ave and 37th Ave N

April 4 • Midtown & Powderhorn

Meet at Midtown Global Market, Lake St entry

April 18 • Lake Nokomis

Meet at 50th St Beach, 50th & Woodlawn Blvd

May 2 • Uptown

Meet at Walker Library, Hennepin & Lagoon Ave

May 16 • Linden Hills & Lake Harriet

Meet at Sheridan Ave & 44th St W

June 6 • Whittier & Steven's Square

Meet at Minneapolis Institute of Art, main entry

June 20 • Venture North Harrison Park

Meet at Glenwood & Morgan Ave N

July 4 • Holiday

Meet on July 11, due to holiday

July 11 • BF Nelson, Boom and Nicollet Islands

Meet at BF Nelson Park, Main & Marshall St NE

July 18 • Diamond Lake

Meet at Todd Park, E 56th St & Chicago Ave S

August 1 • University District

Meet at University Ave & Oak St, on plaza

August 15 • Northeast Library & Jackson Square

Meet at Northeast Library, Central and 22nd NE

**In case of severe weather, walks and rides will be cancelled.
Events will otherwise take place, rain or shine.*



Bike Minneapolis 55+

Class

Wednesday, May 23 - 10am • Northeast

East Side Neighborhood Services (1700 2nd St NE)

Learn how to ride confidently, safely, and enjoy bicycling as a lifetime activity!

This bicycling class for 55+ community members will cover getting started, types of cycles, basic maintenance and upkeep, rules of the road, and trip planning.

Ride

Wednesday, June 27 - 10am • St. Anthony Main

St. Anthony Main Movie Theater Entry (115 SE Main St)

This leisurely ride welcomes 55+ bicyclers of all abilities. We look forward to riding with you! This social ride will explore Southeast, Downtown, and Northeast Minneapolis along the Mississippi Riverfront. You need not attend the above class to participate, although it is encouraged.

Helmets are encouraged and available upon request. Call 612-333-3410 to request a helmet for this ride. No bicycle? No problem. A limited number of Nice Ride bicycles will be available for the ride. Call today to secure a bicycle and/or helmet.

All walks, rides and classes are free!

No registration necessary. Just show up!



All walks begin and end along Metro Transit routes. Routes and trip planning assistance please call, 612-373-3333 or visit www.metrotransit.org.

Questions? Contact Mackenzie Turner Barga at 612-333-3410 or mackenzie.turner@minneapolismn.gov

Visit our website at:
www.minneapolismn.gov/bicycles/events